

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 to 10:00 am <b>Walking Group</b> Mosby Resource Center 1535 Coalter		8:00 to 9:00 am <b>Walking Group</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
9:00 to 10:00 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (852-4385)	9:00 to 10:00 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (852-4385)	9:00 to 10:00 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (852-4385)	9:00 to 10:00 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> Street (852-4385)	9:00 to 10:00 am <b>Walking Group</b> Fairfield Resource Center 2311 N 25 <sup>th</sup> St (852-4385)	9:00 to 10:00 am <b>Aerobics</b> (2 <sup>nd</sup> & 4 <sup>th</sup> Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
<b>Rock!</b> <b>RICHMOND</b> <i>building healthy communities</i> <i>March 2013</i>		11:00 to 11:30 am <b>Aerobics (Seniors)</b> 3900 Old Brook Circle (780-4792)	10:00 to 10:30 am <b>Aerobics (Seniors)</b> Humphrey Calder Community Center 414 North Thompson St (646-1780)	10:30 to 11:00 am <b>Aerobics (Seniors)</b> 700 South Lombardy St (780-4792)	11:00 to 12:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)
		12:00 to 1:00 pm <b>Walking Group</b> Richmond Health Department 400 East Cary St (205-3734)	10:00 to 11:00 am <b>Women's Group</b> Mosby Resource Center 1535 Coalter (786-0204)		
4:00 to 5:00 pm <b>Aerobics</b> Stuart Elementary 3101 Fendall Ave (780-4879)	5 to 6 pm/6:30 to 7:30 pm <b>Zumba</b> Robinson Theatre 2903 Q St (317-8352) <b>NO CLASS ON 3/19 &amp; 3/26</b>	3:00 to 4:30 pm <b>Yoga(girls 12-18)</b> Family Resource Center 2405 Jefferson Avenue (643-0002)	5 to 6 pm/6:30 to 7:30 pm <b>Zumba</b> Robinson Theatre 2903 Q St (643-0002) <b>NO CLASS ON 3/21 &amp; 3/28</b>	5:30 to 6:30pm <b>Nutrition Education Class</b> Family Resource Center 2405 Jefferson Ave (644-4496) <b>ONLY: 3/15 &amp; 3/29</b>	Location of Rock Richmond! Classes:  <div> <div></div> Downtown         <div></div> East End         <div></div> North Side         <div></div> South Side         <div></div> West End       </div>
4:00 to 5:00pm <b>Fit-To-Go Youth Fitness</b> B&G Club 2506 Phaup St. (878-0121)		5:00 to 6:00 pm <b>Zumba</b> Robinson Theatre 2903 Q St (317-8352)			
5:00 to 6:00 pm <b>Zumba</b> Robinson Theatre 2903 Q St (317-8352)	6:00 to 7:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)	5:30 to 6:30 pm <b>Aerobics</b> DSS 900 E Marshall (205-3734)	6:00 to 7:00 pm <b>Aerobics</b> Pine Camp 4901 Old Brook Rd (646-3672)		
5:30 to 6:30 pm <b>Aerobics</b> DSS 900 E Marshall (205-3734)		6:00 to 7:00 pm <b>Tae Kwon Do</b> 2903 Q St (562-9133) <b>NO CLASS ON 3/20 &amp; 3/27</b>			*Indicates a \$3 to \$4 Class Fee  All <b>Aerobics</b> classes are low-impact.
6:00 to 7:00 pm <b>Aerobics</b> Randolph Community Center 1415 Grayland Ave (646-1080)	6:30 to 7:30 pm <b>Line Dancing*</b> Blackwell Community Center 300 E 15 <sup>th</sup> Street (646-8630)	7:00 to 8:00 pm <b>Aerobics</b> Randolph Community Center 1415 Grayland Ave (646-1080)	6:30 to 7:30 pm <b>Line Dancing*</b> Blackwell Community Center 300 E 15 <sup>th</sup> Street (646-8630)		
		7:15 to 8:15pm <b>Hoop Dancing</b> Robinson Theater 2903 Q St. (852-4385)			